THE SEAVEN SPIRITVALL Exercises of a deuout Soule.

CONTAINING the Life and Death of our Sauiour CHRIST: compiled in *seauen Meditations, repleniſhed* with moſt godly, and deuout motions, *and ſeruing for the ſeauen* dayes in the Weeke.

PSALME 119. 15.
I will meditate in thy precepts, and conſider thy wayes.

LONDON:
Printed by *T. S.* for *Iohn Budge*, and are to be ſolde at the great South-doore of Paules, and at Britaines Burſſe.
1613.

TO
THE RIGHT
WORSHIPFVLL,
Mr. *William Bull*, MAYOR
of the Citie of VVELS,
I. B. *wisheth all prosperitie* in this life, and *eternall happinesse* in the life to come.

IF all men are by nature and duty bound to gratifie their

wel-deseruing Friends, (most deare, and much respected VNCLE) then must I not ouerslip time to make requitall of your manifold kindnesses, by some slender gift, such as the zeale of my dutie, and the abilitie of my minde is able to performe. And now to make it appeare, not so much in complements as in action, I haue sent you a small Treatise, which (in the iudgement of some Diuines, whom I reuerence in my heart) is, for matter, of worthy respect; for method, plaine; for practise, godly;

godly; and (I hope) for the fruits of it, profitable: for what of higher regard, of more facilitie, of deeper deuotion, and of greater comfort, then the meditation of the Hiſtorie of our Sauiour CHRIST, which you ſee here parted into ſeauen dayes practiſe, and may be the Chriſtians daily taske. I will ſay no more of it, onely vſe it, peruſe it, practiſe it: and after your charitable cenſure, if it may ſeeme worthy your patronage, claime it as your owne; your owne you may then call it,

it, for without you, it had neuer ſeene the Sunne, nor the Sunne it. The reflexe of your fauours towards me, and the vndeſerued kindneſſe of *Some* that are neare allyed to you (whom I onely point at, I neede no more, as alſo the godly diſpoſition of you all in matters of pietie and deuotion) haue called this light out of darkneſſe, and made it (that long hath wandred from the Author) like a wearyed Pilgrime to flye to you for protection.

R.B.&c.

As you loue Chriſt, ſo

ſo fauour it, and as you fauour godlineſſe, ſo loue it. Make it your daily, though not your whole, taske: and reſolue of this, that Chriſt cals men, as well to Mount Tabor by diuine Meditation, to admire his goodneſſe and glory; as *Cæſar* cals them to beare the Sword, for the defence and countenance of authoritie.

Viz. *This Booke.*

Thus crauing your fauourable acceptance of this poore mite, vndertaking the patronage of the ſame, I wiſh you all health and happineſſe. Leauing this to you, with the

the remembrance of my humble dutie.

London, this 3. of *October*. 1612.

Your Cosen

in all seruice

to be commanded.

I. B.

THE PREFACE to the seauen Meditations, of the Life, *and Death of our* SAVIOVR CHRIST.

AMongst all spirituall Exercises, (if we may giue credit to an Ancient Writer) there is none more profitable, then the Meditations of the Life and Death of our Saviour. For as they worke in vs, a despising, and con-

In Prol. of the Medit. of the Life of Iesus.

tempt of all visible things; so doe they arme vs against all the power of the world, the flesh, and the Diuell: They purchase familiaritie with God; they procure his loue towards vs; they make vs confident, and they bring our soules to the Paradise of all vertues, and height of all heauenly perfections.

For, where may wee finde the force, vertue, and true effects of pouertie, humilitie, patience, meekenesse, loue, obedience, and other celestiall Graces, more perfectly displayed, then in the life of our Sauiour. Therefore Bernard *speaketh rightly*

rightly, when he ſaith: That man that would get vnto himſelfe vertue, laboureth in vaine, if hee ſeeke it any where elſe, or deſire it of any other, then of him that is Lord of all vertues, whoſe doctrine is the rule of Wiſedome, whoſe mercy is the work of Iuſtice, whoſe life is the example of Temperance, and whoſe death is the perfect preſident of Patience.

In this Exerciſe this ſweet and holy Teacher ſpent and conſumed his whole time, making benefit and fruit of the godly

collections, which hee gathered together of the anxieties and bitternesse of Christ his Passion: in whose person he passionately speaketh; O homo, vide quæ pro te patior, non est dolor sicut dolor meus. *Whereof also he was not at any time vnmindfull, as he witnesseth of himselfe.*

Sup. Can. Serm. 63.

Therefore a man shall doe a worke of exceeding worth, if once (at the least) in euery weeke, eyther by prayer, or Meditation, hee runne ouer the whole life of our Sauiour Iesus: *seeing there is no prayer more acceptable vnto him, then*

that, in which is made a remembrance and commemoration of his life, and death, of his merits, and benefits which hee hath done for vs.

And that this may be done more fitly, the Authour *hath comprehended the Life, Death, and Resurrection of Christ, in seauen Prayers or Meditations following, that they might serue for the seauen dayes in the weeke; and the same in manner of a thanksgiuing, seeing there is no benefit for which wee owe greater thanks vnto Almightie God. Then let God*

haue the glory, that requires no more of vs, then the Confession and remembrance of his benefits, optima beneficiorum custos est ipsa memoria beneficiorum, & perpetua confessio gratiarum, *saith* Chrisostome; *The best preseruer of the graces of God is the mention and confession of his graces.*

Hom 25. sup. Mat.

MEDI-

SEAVEN MEDITATIONS, of the Life of IESVS.

MEDITAT. I.

Christ descendeth from heauen, and is conceiued in the Virgines Wombe.

Render vnto thee immortall thanks (oh sweet Iesu) that

for the loue of mee, didſt deſcend from thy Regall Pallace, and high boſome of thy Father, into this low vaile of all miſeries, and vouchſafedſt to take vpon thee humane fleſh, in the holy wombe of thy
Mat. 1. 18. bleſſed Mother, I beſeech thee (O Lord) to prepare my heart a Tabernacle for thee, and to that end to adorne the ſame with all manner of vertues, that thou maiſt therein make perpetuall habitation.

Oh would to God it might pleaſe thy goodneſſe, to make my heart to

to be ſuch towards thee, that I be not afraid to inuite thee, but that thou maiſt come to dwell in mee, and that I may be fit to receiue thee with ſpirituall delight, as *Zacheus* which receiued thee ioyfully: and that thou maiſt ſweetly reſt in my heart without end. Oh that I could embrace thee with the armes of ſtrong affection, that at any time, I be not drawne from thee by thought, word, deed, or vaine imagination. Luke 19.6

Mary *visiteth* Elizabeth.

I Giue thee thankes (O ſweet Ieſu) for that after thou wert conceiued in the wombe of the bleſſed Virgin *Mary*, thou willedſt her, by thy Angell
Luke 1.39 *Gabriel*, to goe by the Mountaines and viſit *Elizabeth* that ſhe might ſalute, and congratulate with her, for that GOD had made her barren wombe to beare. Thou didſt not diſdaine to be ſhut nine Moneths in the glorious bowels of thy Mother.

Mother. Therefore I beſeech thee to giue me the grace of true Humilitie, and ſo to imprint the ſame in my heart, that thou maiſt alwayes finde me ready in thoſe things that appertaine vnto the godly worſhip and ſeruice of thee.

Grant (O Lord) that my heart may ſtill diſdaine all worldly things, and that I may continually deſire to reſt and dwell in thee, and that my heart may be humbled to endure any low eſtate for thee, that willingly enduredſt the low-

eſt

Phil.2.7.8 eſt degree of humilitie for my ſake.

Chriſt is borne.

I Giue thee thanks (O my ſweet Ieſus) which art borne of the moſt holy Virgine, without damage of Virgines puritie, and who laid thee ſtraightway, being borne, in a Manger or Cribbe, as poore and mortall; and humbly worſhipped thee
Luke 1.46 as immortall God, and Creator of all things. I pray thy diuine mercy, that thou wouldeſt vouchſafe

safe to be continually borne in mee by a new desire of Charitie, and that thou alone maist be my whole desire, my onely fulnes, and firme hope of my heart. Let it be pleasing vnto thee, that I alwayes seeke thee, alwayes thinke on thee, and alwayes feruently loue thee.

Christ

Chriſt is wrapped in baſe clothing.

I Giue vnto thee infinite thankes (O ſweet Ieſu) that being borne, waſt ſubiect to the bitterneſſe of the ayre and cold ſeaſons, and yet createdſt the ayre, and ordereſt the ſeaſons: thou didſt not diſdaine to be wrapped in baſe clothing, and to partake of my weakeneſſe and miſerie, to ſucke virgines Milke from the breſt of thy glorious Mother, as the innocent Lambe

Lambe of God, in the forme of a poore and ſimple Babe; when thou waſt indeed the true omnipotent God. Thou becameſt poore for our ſakes, that art indeed the King of heauen and earth, that we through thy pouertie, might be made rich. 2 Cor.8.9

Grant then (O Lord) that in thy ſight, I may alwayes be a true Infant in Humilitie, thy Childe in Innocencie; and that I may be alwayes truely poore in ſpirit, but rich in grace, and plentifull in goodneſſe. Grant that for the

the loue of thee, I refuſe nothing in this World, that is eyther bitter, or laborious; that I loue nothing in this world, but thee; deſire to poſſeſſe nothing aboue thee; nor eſteem any worldly thing in compariſon of thee.

Chriſt is worſhipped of the Shepheards.

I Giue thee thankes (O bountifull Ieſu) that as ſoone as thou waſt borne, was celebrated with the ſweet Hymnes of holy
Luke 2. 14 Angels, and worſhipped of

of the Shepheards, with great ioy and admiration, whom thou diddeſt chooſe to publiſh thy praiſe, *non ſapientes, ſed ſimplices, qui fucare audita neſcirent;* not the wiſemen of the world, but plaine and ſimple men, that knew to publiſh no more then they heard. Luke 2.20 Beda.

Giue mee grace (O Lord) to perſeuere alwayes in thy praiſe with gladnes, that I may ſeeke therein the ſocietie of the godly, and in ſeeking may finde thee; and (found) may ioy in thee; and ioying, may enioy thee eternally.

nally. Finally, that my ioy may burſt forth with them, to publiſh abroad theſe glad tidings to the comfort of others, as they haue comforted me.

Chriſt is Circumciſed, and called Ieſus.

BE euer praiſed and glorified (O ſweet Ieſu) for that the eight day (according to the cuſtome of other Infants) thou wouldeſt be circumciſed, and diddeſt begin to ſhed thy bloud for the loue of mee, in thy moſt tender

Luke 2.21.

tender age, and that thou wouldſt comfort me with ineffable cõſolation, wert called *Ieſus*, a Sauiour; to ſaue mee, that otherwiſe had vtterly periſhed. Mat. 1. 21.

I beſeech thee (O Lord) to account mee in the number of thy elect, and to write my name in the booke of the bleſſed. And that thou wouldeſt circumciſe my hart from all ſuperfluitie, that is, from idle and hurtfull ſpeeches, from vniuſt workes, and from impure and vaine thoughts, and cogitations. Set a watch before mine eyes, keepe the

the dore of my lips, and so search my heart, that I may confine my selfe within the bounds of thy will. Oh my Redeemer, thou art called *Iesus*, that is, a *Saviour*: for to thee onely it belongeth to giue saluation. Therfore I pray thee (O Lord) that the remembrance of this sweet Name of *Saviour*, may expell from mee all despaire, al inordinate faintnesse of heart, and sloathfulnesse; that it may endue mee with a stedfast hope of thy mercy, and may saue mee from all the power of sin, the rage

of

of Sathan, and the deceitfull delights of this present world.

Christ is worshipped of the Wise men.

I Giue thee thankes (O sweet Iesu) that wert found of the *Magi*, or wisemen, seeking thee with sincere faith, and inward deuotion, by the appearing of a Starre: who falling downe vpon their knees before thee, offered Gold, Frankencense, and Mirrhe.

Grant (O Lord) that I may

may ſeeke thee in the companie and ſocietie of thoſe Wiſe-men, not in Bethlehem, but euen in the center of my heart, and (being found in the ſame) I may worſhip thee in ſpirit and in truth, that I may offer vnto thee, the Gold of pure Charitie, the Incenſe of true Deuotion, and the Mirrhe of perfect Mortification: finally, grant me grace, that with readineſſe of heart, and willingneſſe of minde, I may beſtow all my ſtrength, and power in the imitation and following of thy moſt holy life

Gregor. in Homil.

life. And if at any time I erre from thy truth, make (O Lord) thy Word to be the ſtarre of my guide to leade mee till I finde thee.

Ieſus is preſented in the Temple.

I Giue thee thankes (O Lord Ieſus Chriſt) for that thou (to leaue vs the example of Obedience and Humilitie) wouldeſt be ſubiect to the Law for the loue of vs, for that thou wouldeſt be preſented in the Temple in the Armes Luke 2.22.

Armes of thy blessed Mother, and wouldest the
Leu. 12. 6. Oblation of two Turtle Doues (not of him that was rich, but of a poore man) to be offered for
Luke 2. 25. 38. thee. When *Simeon* with *Anna* the Propheteſſe reioycing at thy preſence, did giue a worthy teſtimonie of thy glory.

Grant that it may pleaſe thee (O Lord) not to ſuffer the leaſt thought or imagination of vanitie at any time hereafter, to enter into my heart, and more eſpecially, that I be not lifted vp with pride, nor carryed with pre-

presumption. O how happy were I if all manner of presumption, were banisht from mee, and all desire of worldly fauours, together with the inordinate conceit of Selfe-affection, were extinguished in mee?

Grant to me thy grace (O Lord) that I may be careleſſe of vaine oſtentations, that I ſubmit my ſelfe to all men, and willingly obey them for thy ordinance ſake. And as thou (O Lord) camest not to deſtroy, but to fulfill the Law, ſo direct and ſanctifie my heart, and

helpe me with thy righteousnesse, that I may be obedient to thy Law, and performe those duties in thy sight, as may please thee, and stand for thy glory.

Iesus flyeth into Egipt.

I Giue thee thankes (O sweet Iesus) for that euen in thy minoritie thou diddest beginne to suffer persecution, and disdainedst not to flie into Egypt, to auoide the
Mat.2.13 bloudy hands of *Herod*, though thou mightst haue crusht

cruſht him with thy Rod of Iron, and daſht him in pieces like a Potters veſſell.

Grant mee grace that in all my perſecutions, tribulations and temptations, I may wholy flye vnto thee, as my onely refuge; onely ſeeke thee, as my chiefe treaſure; and call vpon thee, as the onely hope of my ſaluation. And how often ſoeuer thou impoſeſt any of thoſe croſſes vpon mee, grant that I may endure them with all patience; abide them with all tranquilitie, and ſuffer them with

all gladnes of hart, giuing thee continuall thankes, for all things that may pleaſe thee to appoint to happen vnto mee: and in euery eſtate to learn me to be content: Laſtly, guide mee with thy free Spirit, that at the ſummons of thy Angels, or at the voyce of thy word in the mouth of thy Miniſters, I may be ready and willing to riſe from the bloody purſuit of Sinne and Sathan, that ſeeke to deſtroy my ſoule.

Ieſus

Iesus sitteth among the Doctors.

I Likewise giue thankes to thee (ô Lord Iesus) for that thy Mother sought thee with great sorrow, when thou remainedst in the Temple, and after three dayes found thee with great ioy, sitting in the middest of the Doctors, whom thou diddest heare, and disputedst with them, astonishing their harts with thy great Wisedome, which they could not in any wise re- Luk. 2. 46.

siſt. O Lord, for thy goodneſſe, grant mee, that I be neuer ſeperated from thee, nor thou from me: Put from mee all ſloathfulneſſe and feare: expell the coldneſſe of affection from my heart, which is ſo much diſpleaſing vnto thee; and giue me a perfect deuotion, and an ardent thirſt after thy righteouſneſſe, which may ſo poſſeſſe my Soule, that I neuer grow faint, or wearie in ſeruing thee. And if at any time I finde not the comfort of thy preſence; ſo touch my heart (ô Lord) with an ardent

deſire

desire of thee, that I neuer cease till I haue found the comfort of thy presence againe, and may ioyfully say with thy Spouse; *I haue found him whom my Soule loued.* Amen. Cant. 3. 4

MEDITAT. 2.

Iesus is Baptized.

I Giue THEE thanks (ô moſt ſweet IESVS) for that thou wouldeſt be baptized, entring into the Riuer Iordaine, by the hands of S. *Iohn* Baptiſt, thy Seruant, and fore-runner, to fulfill all righteouſneſſe. Vouchſafe (ô Lord) to purge mee in this life, and to make me cleane from all my

Mat. 3. 15.

my ſinnes: Confirme in me this thy Couenant of grace, and ſeale vnto me the aſſurance of righteouſnes and waſhing away of my ſins by thy bloud. Let mee ſurfet with the loue of thee, and with the vehement deſire of thy heauenly kingdome. Faſhion me (ô Lord) to thine owne will and pleaſure, before my Soule depart from the impriſonment of my body, that I preſume not to diſpute with thee, but willingly to ſubmit my ſelfe to thy holy ordinance: That leauing this pilgrimage, I may

forth-with be with thee, that I may alwayes see thee, and alwayes enioy the happy eternity, which hath no end.

Iesus is tempted of Sathan in the Desart.

I Giue thee thankes (O bountifull Iesu) that being in the Desart, diddest fast fortie dayes and fortie nights, and afterwards sufferedst thy selfe to be tempted of Sathan, and when he was ouer-come, the Angels came, and ministred vnto thee.

Mat. 4. 2. 3

Grant

Grant (O Lord) that by thy grace, I may puniſh and chaſtiſe the wickedneſſe of my fleſh, and all vicious affects therof, and that (with the gift of perſeuerance) I may exerciſe my ſelfe in continuall faſting, watching, praying, and other godly and ſpirituall Exerciſes. But chiefely grant (O Lord) that by the help of thy grace, I may be free from the ſinne of Gluttonie, and from all other deceits and ſuggeſtions of the Diuell. Let no temptation preuaile againſt mee, nor be able to

to ſeparate me from thee. But rather grant that all theſe things may giue greater occaſion, that I may be the more firmely and ſtrongly vnited and ioyned vnto thee, and that I may with more heedfulnes, watch againſt all the ſubtile ſleights of the Tempter, to follow thy example in reſiſting, and to returne with thee in triumph.

Ieſus

Iesus suffereth diuers labours and necessities.

I Giue thee thankes (O sweet Iesu) that for the loue of mee, hast beene afflicted in this world with infinite sorrowes, and sundry necessities, as heate, colde, hunger, thirst, labour, and wearinesse, with diuers watchings, trauels, persecutions, and all kinde of tribulations.

Grant (ô Lord) that for thy sake, I may sustaine all aduersities with glad-

gladneſſe, as impoſed vpon mee, by the worke of thy hands, for the iuſt merit of my ſinnes. And that I may abide them with great patience.

Grant, that in all eſtates, as well in aduerſitie, as proſperitie; in griefe, as ioy; in troubles, as tranquilities; I may ſtill perſeuer in thee, and neuer ſtart or ſwerue from thee, but that in all things, thy will may be my will: when thou ſtrikeſt, let mee not murmure againſt thee: when thou doſt afflict me with pouertie, and loſſe of worldly comforts, then lift

lift vp my heart, that I may repoſe my wealth and my comfort in thee, ô bleſſed Sauiour.

Ieſus prayeth and preacheth.

I Giue thee thankes (O moſt ſweet IESVS) for that thou didſt performe many things for my ſake, whileſt thou didſt ſeeke the conuerſion and ſafeguard of my Soule, and in no wiſe didſt omit the office, and dutie of a good Paſtor: but (euen as a true Shepheard, and Sauiour

uiour of the World) didst watch in praying, and weary thy selfe in trauelling from Prouince to Prouince, and from place to place, to preach and teach, and publish thy heauenly doctrine.

I beseech thee (O LORD) to impart this grace vnto mee, that at any time hereafter, I be neuer found slacke, or sloathfull in thy seruice, but that I may be euer ready and forward to doe al good duties, respecting thy glory, and the good of my brethren. Grant, that I may feruently thirst after

after the ſauing health of all people, and that I may alwayes haue a deſire & zeale of thy name, and then ſhall I ſtand for the defence of Religion, and refuſe no labour or ſtudie, to promote thy glory.

Ieſus is conuerſant amongſt men.

I Giue thee thankes (O benigne Ieſu) for that by conuerſing amongeſt men, thou wouldeſt cheerfully comfort them, and cure their infirmities, of thy

thy great mercy.

Grant mee (O Lord) that I may haue a heart full of louing affections towards all men, that I may haue compaſſion on all that I perceiue to be in affliction. And grant me thy grace (O Lord) that I may eſteeme other mens miſeries as mine owne, that I may beare with other mens imperfections, with a ſincere heart, and without any paſſion of anger, hatred, or contempt; and that I may help and relieue their neceſſities after my abilitie, or at leaſt, haue a fellow-

fellow-feeling and touch of their miſeries. O Lord, purge my ſoule perfectly from all vicious concupiſcences and vaine deſires, which haue any domination in my heart, that the ſame (being healed of all theſe euils, and freed from all theſe impediments) may ſafely flye vnto heauen, and neuer reſt before it may be fit by pure loue and affection, to come vnto thy heauenly embracements.

Ieſus

Iesus suffereth many things for vs.

I Giue thee thankes (O good Iesu) that for the loue which thou beareſt vnto mee, thou diddeſt ſuffer innumerable iniuries, blaſphemies, ſlanders and perſecutions, and euen of thoſe chiefely, on whom thou beſtowedſt infinite benefits and bleſſings.

I beſeech thee (O Lord) to giue me a pure, innocent, and ſimple heart, that

that I may loue my enemies, and that from my heart I may lament their euils and wickednes. That I may alwayes excuſe them if they treſpaſſe in any thing, and that (intending good for euill) I may truely imitate thy perfect charitie and patience.

Ieſus commeth into Ieruſalem.

I Giue thee thankes (O moſt louing IESVS) for that thou cameſt to Ieruſalem, Mat.21.5.

ruſalem, humble and meeke, riding vpon an Aſſe-colt; and on them that came to meete thee, ſinging with pleaſant Hymnes, and glorious praiſes, thou ſheddedſt forth teares full of bitterneſſe, which thy griefe did expreſſe, that was conceiued for the loſſe of ſo many ſoules, and the deſtruction of ſo beautifull a Citie.

Giue me (O Lord) an inward knowledge, and feeling of mine owne eſtate, that I may wholy humble my ſelfe, and openly acknowledge my vile-

vileneſſe. That I may ſo far deſpiſe my ſelfe, that the flatterings, commendations, and applauſes of men be not (hereafter) pleaſing vnto meè, but that I may daily mourne and bewaile, as well the ſinne of my neighbour, as the impietie of my ſelfe, ſtill reckoning and reputing his euill as mine owne, that mine head may be filled with the waters of bitter ſorrow, and mine eyes a fountain of teares, lamenting the deſtruction that thou haſt threatned againſt vnpenitent perſons, becauſe they Ier. 9. 1.

Luk. 19. 42 they know not those things which belong to their peace.

MEDI-

MEDITAT. III.

Iesus washeth the feete of his Disciples.

I Giue THEE thankes (O Lord Iesu) for that thou (to prescribe an end of the old Law) diddest eate the Paschall Lambe in Ierusalem with thy Disciples, and to giue an example to them of thy great humilitie, & ineffable loue, diddest wash their feete, kneeling

I beseech thee (O Lord) that this example may pierce my hart, and may suppresse all presumption and pride in mee. Giue me (O Lord) all humble submission, by which I may subiect my selfe to all men, not with constraint, but willingly. Giue mee also perfect Obedience, by which I may fully satisfie thy Commandements, and the ruling power of them that command in thy Name. Stirre vp in me (O Lord) a most feruent Charitie, by which I may loue thee and my neigh-

neighbor with true pureneſſe and ſimplicitie. Let not the pride of my hart carry mee to diſdaine my brethren, but to endeauour my ſelfe to do them all chriſtian ſeruice, whether it be in the refreſhing of their bodies, or miniſtring ſpirituall comfort vnto their ſoules.

Ieſus ordayneth the Euchariſt.

IGiue thee thankes (O ſweet Ieſu) that of thy moſt excellent Charitie, thou haſt ordayned the

Mat.26.26

Sacrament of thy body and bloud, and of thy vnſpeakable bountie haſt giuen thy ſelfe to be food for vs: and for that alſo thou haſt not refuſed to be here ſpiritually preſent with vs, to the end of the world.

O Lord, excite in me (I beſeech thee) a liuely deſire, and moſt ardent thirſt of this Sacrament. Grant, that I may come vnto this Table of life, receiue thee, by a liuely Faith, with chaſte Loue, with low Humilitie, with Puritie of heart, and with Sinceritie of mind. Grant alſo,

alſo, that my Soule may ſo thirſt after thee, and be ſo wounded with thy loue, that at the length, I may be admitted to poſſeſſe thy heauenly pleaſures, for the honour and glory of thy Name.

Ieſus comforteth his Diſciples at his laſt Supper.

I Giue thee thankes (O ſweet Ieſu) for that being willing to leaue the world, thou diddeſt admoniſh and comfort thy Diſciples with words full of holy affection, and by

Iohn 17. 9. 11.

earneſt prayer didſt commend them to thy father, ſhewing thereby, with what loue thou diddeſt imbrace them, and all thoſe that ſhould beleeue in thee by their doctrine. I beſeech thee (O Lord) that my heart may feele a ſweetneſſe in thy words, and that they may be alwayes more pleaſant vnto mee, then the honey or the honey-combe. O Lord, let the ſpirit of thy affection raigne in mee, that I may wholy transforme my ſelfe into thy loue. Direct all my actions, that in mee, and of me

me, alwayes thy will may be done.

Iesus prayeth to his Father in the Garden.

I Giue thee thankes (O louing Iesus) that falling on the Earth, (thy Armes spred forth) thou diddest pray vnto thy Father, commending thy selfe wholy into his hands, and praying that in all things not thy will but the will of thy Father might be fulfilled. I beseech thee (ô Lord) that in all tribulation, and necessi- Luk. 22. 42

tie, I may runne vnto thee by heartie prayer, that I may beliene in thy prouidence wholy, without election, or choiſe of my owne will, or the expectation of any proper commoditie.

Grant (that I may not at any time ſhunne aduerſities, nor be withheld from any good enterpriſe by the ſame. But that whatſoeuer ſhal happen vnto mee, I may take it patiently, bearing and ſuffering all things with an humble & quiet hart, as ſent vnto mee by thy holy hands. And that I may

may account them not as thy heauy iudgements, to confound me vtterly; but as thy chaſtiſements, to correct mee, and that not in thy fury, but in thy Fatherly loue and goodneſſe.

Ieſus is apprehended.

I Giue thee thankes (ô holy Ieſu) for that thou wouldeſt be taken with armed men, and be bound by them as a wicked man and malifactor, and be brought before *Annas*, and diddeſt not abhorre Mat. 26. 47

to abide the Iudgement and ſentence againſt thee. Oh wonderfull meekneſſe of my Redeemer, whileſt thou wert apprehended, bound, ſcorn'd, and euill entreated, thou diddeſt neither lament, murmure nor grudge, but holding thy peace, didſt patiently follow them that did lead thee, draw thee, & weary thee, thou diddeſt obey them that commanded thee, and with great patience ſufferedſt the torments which they inflicted vpon thee, when thou couldeſt haue had a legion of Angels to haue reſcued

ſcued thee, and haue cruſhed the backes of thine enemies. O Lord, grant that ſuch an example of thy great vertue and patience, may ſhine in mee, for the glory and honour of thy moſt holy Name.

Ieſus is ſmitten on the face.

IGiue thee thankes (ô amiable Ieſu) that ſtanding before the proud & ſtiffe-necked high-Prieſt, no otherwiſe, then if thou haddeſt beene a vile and abiect perſon, thou wert ſtricken, and moſt patiently Luk. 22. 64.

ently diddest suffer a cruell blow, which one of his wicked ministers stroucke on thy face. Oh Lord, I beseech thee, mortifie in me all wrath and indignation; take from me all manner of enuy and hate, and extinguish in mee all desires of reuenge, that when any one doth wrong and iniure me, I may not be troubled or molested, neither deuise at any time to be reuenged, but suffering all things with patience, for thy sake, and by thy example, I may for thy loue, render to euery man good for euil. *Amen.*

MEDIT.

MEDITAT. IIII.

Iesus is diuersly molested the night in which he is apprehended.

I Giue THEE thankes (O sweet IESVS) that in the night of thy Passion, thou wert scorned, and deluded, smitten of thine enemies, and diuersly iniured and molested. Thou knowest (O LORD) how grieuous & troublesome it is to mee, to beare and suffer

Luke 22. & Chap. 23.

ſuffer the leaſt wrong or iniurie. Thou knoweſt that my will and deſire is ſlow and ſlacke to all vertue, and that all good affections and appetites waxe cold in me. O Lord, for thy mercy, help my infirmitie: mortifie in mee all carnall affections, as heate of anger, hope of reuenge, and quicken thy graces within mee.

Grant, that for no aduerſitie, my minde be throwne downe, or deiected. Help me that I faint not vnder the burden of tribulations, which ſhall fall

fall vpon mee; neyther let me repine at the iniuries done vnto mee by others; but giuing thee thankes for all things, I may referre all things to the honour and glory of thy Name.

Iesus is accused before Pilate:

IGiue thee thankes (O Lord Iesu) that standing before *Pontius Pilate*, Mar.12.17
thou diddest not answere vnto the false complaints and accusations wherewith they did iniure thee, but

diddeſt paſſe ouer all things with ſilence, euen like a meek lambe, which openeth not his mouth, but is mute before the ſhearer.

Grant mee (ô Lord) that the reproches, murmurings, or reuilings of wicked men, make me not to ſwe l againſt them, or puffe me vp with enuy, but that being taught by thy example, I may ouercome all them, when the caſe ſo requires, by ſilence and taciturnitie, that ſlander or impeach my good name. Giue me the grace of perfect Humilitie,

militie, that I may neyther desire that men praise me, nor be afraid to be dispraised for thee: But to comfort mee with the reward of blessednes, that thou hast assured them that are reuiled, and suffer persecution for righteousnes sake; namely, that theirs is the Kingdome of heauen, & *quod eis magna est merces in cœlis*; that great is their reward in heauen. Mat. 5. 10. 11. 12.

Iesus

Iesus brought before Herod.

I Giue thee thankes (O sweet IESVS) King of Heauen and Earth, that with great stirre and fury of the people, thou wert brought before *Herod*, by the commandement of *Pilate*.

Luke 23.7.

Giue mee fortitude (ô Lord) that persecutions may not confound mee, nor the iniuries of my enemies prouoke mee to anger, nor that their impudencie make mee to blush,

bluſh, or be aſhamed, but that I may beare all things with meckneſſe & patience, and ouer-come with ſilence, according to the preſcript of thy Commandements; remembring alwaies whoſe cauſe I haue in hand, and that thou denyeſt them before thy Father, that deny thee before men. Strengthen me (ô Lord) in thy cauſe and quarrell, for thou art greater then the Princes of the earth, and canſt make thy ſeruants to ſtand againſt them.

Ieſus

Iesus is accused before Herod.

Luke 23.9 10.

I Giue thee thankes (O holy IESVS) that standing before *Herod*, and accused before the chiefe Priests and Elders of many crimes and iniquities, thou wouldest answere to nothing, but didst iustifie thy cause by holding thy peace.

Giue mee the gift of silence (ô Lord) that I haue not at any time, a desire to speak vaine, idle, or vnclean speeches, nor that

that I waſte not my time in diſcourſing of barraine and vnfruitfull matters; but grant that my tongue vtter nothing that is not iuſt, honeſt, profitable, and conſonant to thy holy will. Let mee deteſt (ô Lord) the vice of backebiting, and that I be ſtill pleaſed to heare & ſpeake well of all men: And when they ſhall band themſelues to plot my deſtruction, yet make me to pray for them; and in all things to be milde and mercifull, as my heauenly father is mercifull. Luke 6.36

Ieſus

Ieſus is iudged more wicked then Barrabas.

I Giue thee thankes (O ſweet Ieſu) that being compared with that infamous murderer *Barrabas*, thou wert iudged worſe, and more vnworthy of life, then hee: ſo that homycide was ſet at libertie, and thou (the author of life) condemned to dye. O King of eternall glory, what greater infamie could thy maieſtie be afflicted with? From hence (O LORD) from

Marke 15. 15. Act. 3. 14.

from hence it appeares, that thou art that liuely ſtone diſallowed of men, which God neuertheleſſe hath choſen to himſelfe, and placed in the head corner.

Grant (ô Lord) that I may preferre nothing before thee, that for any thing I be not changed from thee, but that I may account all things as vile and baſe that are compared vnto thee. Grant, that the poyſon of enuy neuer infect my minde, but that I may alwayes reſt in thee, and place my ſaluation in thee.

IESV,

Iesus is whipped.

IEsu, I giue thee thanks,
that being spoyled of
Mar.15.15 thy garments, thou suffe-
redst, thy chaste, holy,
and naked flesh to be loo-
ked vpon, and afterwards
wouldest abide to be
scourged, and whipped,
that by thy wounds our
wounds might be healed.

O Lord, despoyle my
heart of all vncleane co-
gitations: disrobe me of
the old man with all his
workes, and cloath mee
with the new man, which
is

is created to thy image and similitude, in Iustice and holinesse, and grant that with all patience and humilitie, I may abide the scourge of thy fatherly visitation.

Iesus is crowned with thornes.

I Giue thee thankes (O bountifull Iesu) for that thou wert so diuersly illuded after so great enuies, so many wounds, and after thy bloud so plentifully shed through thy whole body; & to thy Mar.15.17

greater reproach, they attyred thee with a purple garment, & put a crowne of thornes vpon thy head, with a Reed in thy hand, in ſtead of a Scepter, and bending their knees ſaluted thee as King (or rather mocked thee) ſaying; *Haile King of the Iewes.*

Let (ô Lord) the memorie of this miſerable Tragedie be euer imprinted in my heart, and neuer blotted out of my remembrance. Fixe thy charitie in my mind, that I may onely loue thee: thinke of thee, and of thy iniuries,

iniuries; and ſo, euer reſt and depend on thee. That neyther tribulation, miſeries, nor perſecutions, ſeparate mee from thee: neyther let it be grieuous vnto me at any time, if I be diſpiſed, contemned, mocked, and derided of men for thy ſake.

Ieſus ſpeaketh to the women.

I Giue thee thankes (O good Ieſu) that in this laborſome iourney, when thou wert brought forth

to be crucified, thou diddeſt louingly admoniſh
Luk.23.28 the women that were lamenting, not to poure forth their plaints ouer thee, but ouer themſelues and their children.

Grant (ô Lord) that I may ſhed the teares of loue and compaſſion ſo abundantly, that the hardneſſe of my heart may be mollified, and made acceptable in the ſight of thy Maieſtie. Grant (ô Lord) that being wholy inflamed with the loue of thee, I may little or nothing eſteeme of worldly cauſes, but that I may im-

imbrace thee, onely loue thee, and reſt in thee, world without end. *Amen.*

MEDITAT. V.

Ieſus drinketh the Vineger mixt with gall.

GIue THEE thankes (O bountifull Ieſu) that thy bones being wearied, thy body being weakened, and thy ſelfe ouer-much preſſed with the weight of thy tortures & ſorrowes, at length thou cameſt vnto the place of ſacrifice, where thou wert found wholy afflicted, & almoſt killed

Mat. 27. 34

killed with thirſt; at which time thoſe barbarous and wicked Souldiers offered thee Vineger mixt with gall to drinke.

Let it pleaſe thee (ô Lord) that the remembrance of this Cup may extinguiſh in mee the inordinate concupiſcence of gluttonie, and delights of the fleſh; and grant, that at any time I giue not conſent to filthy and vnlawfull pleaſures, but giue mee the neceſſarie vertue of *Temperance*, that all other appetites and delights being ſuppreſſed, I may onely hunger and

thirſt after thee, and place my whole pleaſures in thee.

Chriſt is crucified.

I Giue thee thankes (O ſweet IESVS) that wert cruelly diſtract and handled: when they came to
Mat.27.35 crucifie thee, diddeſt alſo ſuffer that thy holy hands and feete ſhould be nayled and faſtened to the Croſſe.

Graunt me (ò Lord) that with a faithfull and acceptable heart, I may alwayes be mindfull of that

that thy moſt ardent charitie, by which thou wert moued ſo louingly to ſtretch forth thy armes, and open thy hands to be nailed, and to endure ſuch horrible torments.

Ariſe (O Lord) and wound my hart with perfect charitie, and fill all my ſenſes with thy loue and affection, that at any time my deſires and cogitations be not ſeparated from thee.

Iesus hangeth vpon the Crosse.

I Giue thee thankes (O most holy Iesu) that for
Ioh.19.18 three houres space thou diddest hang vpon the Crosse, molested with many and intollerable infamies, abundantly shedding thy bloud, and in all thy members sustaining immeasurable sorrowes. Fasten (O Lord) my wretched Soule (which lyeth prostrate on the ground) to the same Crosse: purge the same from

from vncleanneſſe of Sin, and filthy deſires, waſhing it with the flowing ſprings of thy precious bloud, which yeeldeth life and ſaluation. Refuſe not (ô Lord) to cleanſe me with the ſame bloud, to ſanctifie and make me pure with that moſt precious liquour of life. Offer the ſame (ô Lord) vnto thy Father in remedie and full ſatisfaction of my ſinnes and iniquities. Grant (O Lord) I beſeech thee, that my heart may taſte, and my ſoule may drinke of the ſweet drops of that thy precious bloud.

Ieſus

Iesus hangeth betweene two Theeues.

IGiue thee thankes (O ſweet Ieſu) that for the loue of me thou wouldeſt
Mat.27.38 be hanged betweene two Theeues, and be alſo accounted like vnto them, that by this thy meruei-lous humilitie, and pati-ence, thou mighteſt heale and vtterly deſtroy our haughtie pride and pre-ſumption.

Grant (ô Lord) ſo to exalt my ſpirit, that I may deſpiſe all the things of this

this world, and that I may onely behold thee, onely loue thee, that I may neuer meditate of any thing, but that thou (ô LORD) and thy ſufferings may be freſh bleeding in my heart; that I may onely thinke of thee, onely talke of thee, delight my ſelfe in thee, and that all my actions be in thee, and by thee, and that nothing may ſatisfie my minde without thee.

Ieſus

Iesus prayeth for them that crucifie him.

IGiue thee thankes (O beloued Iesus) that wert so good to them that handled thee in such hard measure, and didst
Luk. 23. 34 also pray vnto thy Father for them that crucified thee, saying; *Forgiue them (Father) for they know not what they doe.*

Giue mee grace (O Lord) that I may haue true patience and meekenesse; by which being armed (according to the example

example which thou haſt giuen mee, and the commandement which thou haſt left mee) I may loue my enemies,& doe good to them that hate mee, and that I may pray vnto thee for them, that thou forgiue all their iniuries.

Ieſus is ſcoffed on the Croſſe.

I Giue thee thankes (O bountifull IESV) that wert ſcorned & deſpiſed of thine enemies,& ſuffereds't ſo many iniuries and blaſ- Luk.23.36

blaſphemies, euen at that time, in which they inflicted ſuch ineffable griefes & ſorrowes on the croſſe vpon thy naked body.

Grant mee grace, (O Lord) that being mindfull of the humilitie which thou didſt ſuffer, and patience with which thou didſt abide ſo great dolours and infamies, I may alſo with the like ſufferance endure all aduerſities, perſeuering with thee (euen vnto death) in the croſſe of patience. Let no force of temptation, no tempeſt of tribulation, nor no affliction of iniu-

ries

ries with-draw mee from any good purpose begun. Let neither life nor death, things present, nor things to come, nor any creature separate mee from thee.

Iesus promiseth Paradise to one of the Theeues.

I Giue thee thankes (O excellent IESV) that didst also suffer the iniuries and blasphemies of one of the Theeues, and to the other that confessed his sinnes vnto thee, and set forth thy innocencie Mat.27.38

cencie with a pure Faith, didſt promiſe the glory of Paradiſe.

Oh happy mee, if I might euer become ſo bleſſed, as to be ſo reſpected with the eyes of thy mercie, with which thou didſt behold that happy Theefe; and to liue ſo innocently, by the help of thy grace, that at the end of my life, I may heare this thy moſt ſweet saying: *This day thou ſhalt be with mee in Paradiſe!* Amen.

MEDIT.

MEDITAT. VI.

Iesus complaineth that hee is forsaken of his Father.

GIue THEE thanks (ô most sweet Iesu) that thy Wounds being opened, thy head crowned with thornes, thy hands and feete fixed to the Crosse, thou didst say; *Oh God, my God, why hast thou forsaken mee?* Mat.27.46

Worke in me (ô Lord) that in all aduersities and temp-

temptations, I may flye vnto thee my louing Father, and (diſtruſting in my ſelfe) may onely truſt in thee, and wholy reſigne my ſelfe into thy hands.

Grant (O Lord) I beſeech thee, to wound the inward parts of my Soule, with the remembrance of thy wounds. Let them be imprinted in the cloſet of my heart, and ſo let mee be ſatisfied with thee, that I may thinke of none but thee, nor ſeeke any other then thee, that ſeeking, I may finde thee; and found, I may poſſeſſe thee for euer.

Ieſus

Iesus thirsteth vpon the Crosse.

I Giue thee thankes (O Lord Iesus Christ) that hauing thy body weakened, and drie, by reason of thy most grieuous torments, and great effusion of thy bloud, diddest vehemently thirst, and burning with desire of our saluation, didst say, *I thirst.* Ioh.19.28

Grant (O Lord) that I may ardently thirst after thy honour, and the saluation of Soules. Let me wholy

wholy occupy my ſelfe in the ſame, & conforme my ſelfe to thy holy will, doing as much as my eſtate is able. I beſeech thee, that no loue of tranſitory things carry me away, nor no creature draw mee into perilous dangers. Nay, rather let mee embrace all things for the loue of thee, that are to be imbraced, but let mee ſtill hold thee more deare vnto mee then any thing, and onely in thee finde reſt and quietneſſe.

Ieſus

Iesus drinketh gall vpon the Crosse.

I Giue thee thankes (O most mercifull IESVS) that in the houre of thy death, to quench thy thirst, thou wouldest apply a Sponge full of vineger vnto thy mouth, that by tasting in that thy afflicted estate, thou mightest satisfie thy heauenly Father for all our intemperances and voluptuousnesse, and leaue vnto vs a miraculous example of thy pouertie. Mat.27.34

Grant

Grant mee grace (O Lord) that for the loue of thee, I may deſpiſe all dilicious ſauours, and exquiſite banquets, and that I may be contented with modeſtie and temperance, to eate & drinke that onely that may ſuffice to the ſuſtenance of this body, rendring thee infinite thankes for the ſame. Purifie and heale my Soule, that whatſoeuer is acceptable vnto thee, may be pleaſing to mee; and what diſpleaſeth thee, may be vnſauery and loathſome vnto mee.

Iesus endeth the worke of our Redemption.

I Giue thee thankes (O Iesu, the feruent louer of mankinde) that in so absolute order thou didst end the worke of our Redemption, offering thy selfe a liuely Sacrifice on the Altar of the Crosse for the sins of the world.

I beseech thee (O my Redeemer) that thou wouldest vouchsafe to be the onely harbour of my heart, and the scope of my cogitations, wordes,

and workes, that in all things with pure & chaſte intention, I may onely looke on thee, that I doe that thing onely which thy glorie requireth, that nothing pleaſe mee, but thee; and that I deſire nothing beſides thee. Grant (ô Lord) that hereafter at any time, I be not ſlacke or remiſſe in thy ſeruice, but that (the feruour of thy holy Spirit being daily renued in mee) my diligence may increaſe more and more in thy praiſe and ſeruice.

Ieſus

Iesus dyeth.

I Giue thee thankes (O moſt meeke Ieſus) that thou diddeſt call Death, and command thy Spirit to leaue the priſon of the fleſh (being commended into the hands of thy Father) in which thing thou declareſt, that thou art that true Shepheard, that dyed for the ſafeguard of his flocke. Ioh. 19. 30

Grant mee (O Lord) that being dead to ſinne, and all wicked vices, I may onely liue vnto thee,

that (the courſe of this life being ended in charitie) I may forth-with enter into thee, that art the true Paradiſe of our ſoules.

Ieſus is buried.

I Giue thee thankes (O beloued Ieſus) that with great complaints and mournings of thy friends thou wert taken from the Croſſe, annointed with moſt precious ointments, wrapped in linnen cloths, & put into another mans Sepulchre: O Lord, bury with

Iohn 19. 40. 41.

with thee all my ſenſes, and deſires, that being ioyned to thee in the ſtrong linckes of loue, I may be, as it were, dead, in thoſe things that diſpleaſe thee. And of the contrary part, in all things that pleaſe thee, let mee be wholy aliue, ready, and ioyfull; let me onely be delighted in thee, my Redeemer and treaſure of my Soule. *Amen.*

MEDITAT. VII.

Chriſt deſcended into hell.

GIue THEE thankes (O LORD Ieſu) for that thou haſt not ſpared to vndergo the torments of death and hell for my ſake, that thou mighteſt aduance mee into thy Kingdome. Let the conſideration of this (ô God) terrifie me from ſinne, becauſe thou ſparedſt not thine onely begotten Sonne, but that he

he muſt endure the greateſt paines and panges for my ſinne. Let it alſo comfort mee in my heauieſt affliction, that thogh thy arrowes of wrath ſhould ſticke in mee, and the venim thereof drinke vp my ſpirit, yet I may ſtill remember, that thou my Sauiour haſt ſatisfied for all my ſins, and conquered both Death and Hell, when thou diddeſt leade captiuitie captiue: and by the ſpoyle of all principalities & powers of darkneſſe, haſt ſwallowed them vp into victory. Behold, (O Lord) behold

Iob 6. 4.

Col. 2. 15.

my infirmities, and conſider that I am in thy hands but as the clay in the hands of the Potter; If thou try me, giue mee patience to beare it, and when thou ſmiteſt me, lift me vp againe; and if thy terrours ſhould fight againſt mee, yet teach me (ô Lord) to reſolue that it is thy fatherly worke to kill ſinne in me, that I being mortified in my ſinfull fleſh, may be raiſed vp vnto the life of glory. *Amen.*

Iob. 6.4.

Chriſt

Christ is risen from the dead.

I Giue thee thankes (O good IESVS) that victoriously comming out of thy Sepulchre with most noble triumph, after thou haddest ouercome death, diddest rise againe the third day in great Glory and Maiestie, visiting thy Disciples & comforting them with exceeding gladnes.

Grant (ô Lord) that being quickned from death, and the deadly

action of my ſinfull life, and vngodly conuerſation, I may walke in the newneſſe of life, and ſeeke onely for thoſe things which are high and heauenly, and not thoſe things which are vile and tranſitorie, that when thou (being the true life) ſhalt ſecondly appeare in the glory of thy Father with the Angels, I may likewiſe appeare with thee in glory, and be made euerlaſtingly bleſſed in the ioyfull fruition of that Kingdome that neuer ſhall haue end.

Ieſus

Iesus ascendeth into heauen.

I Giue thee thankes (O louing Iesus) that fortie dayes being ouer-past after thy Resurrection, thy Disciples did behold thee triumphantly, and gloriously ascending into heauen, where sitting at the right hand of thy Father, thou rulest, and raignest as King, world without end. Acts 1.

Let it be pleasing vnto thy goodnesse (ô Lord) that my Soule may be rauished

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rauished with the loue of thee, and to seeke those things that are aboue, and may despise al worldly things: Let it alwayes aspire vnto thee, that it may be lift vp vnto the heauens, from whence must come my comfort, my crowne, and my ioy. And that my prayer may ascend vnto thee as the morning Incense, let it affect, or be delighted in nothing, but in thee my onely Lord and God.

Iesus

Ieſus ſendeth the HOLY GHOST.

I Giue thee thankes (O moſt louing Ieſus) that didſt ſend thy holy ſpirit vpon thy elect which perſeuered in prayer, and didſt ſend them to preach and teach the people throughout all the world.

I beſeech thee (O LORD) to purifie the inward parts of my heart, and to giue mee true puritie and cleannes of conſcience, that the ſame Comforter finding in my ſoule

ſoule an acceptable dwelling-place, may adorne and beautifie it with the moſt fruitfull gifts of his Graces. Let him onely comfort me, onely ſtrengthen me, onely rule mee, and be onely reſpected of me. Let me neuer want the comfort of thy Spirit (ô God) but that I may finde him in his ſweet influence of grace and aſſiſtance, to ſanctifie my Soule, and to ſtrengthen the inward man in all godlineſſe and vertue.

Ieſus

Iesus shall come to iudge the quicke and the dead.

I Giue thee thankes (O bountifull IESVS) that when thou shalt come at that last day to iudge the world, thou wilt render to euery one according to his workes, eyther the ioy of eternall life, or euerlasting punishment.

Grant (ô my louing Father) that I may haue grace to spend the course of my life in innocencie, according to thy holy will, that at length, my Soule

Soule leauing the imprisonment of the body, may be presented blameleſſe before thee, and being garniſhed with many vertues, may through thy mercy be receiued into thy Tabernacle of glory, and that it may glorifie and praiſe thee in the fellowſhip and company of Saints, world without end. *Amen.*

A PRAYER, or Meditation on the Name of IESVS.

O Good IESV, ô ſweet Ieſu, the Sonne of the Virgin *Mary*, full of pittie and mercy; ô ſweet Ieſu, after thine infinite goodneſſe, haue mercy vpon mee; ô bountifull Ieſu through that thy precious bloud, which thou didſt plentifully ſhed vpon the Altar of

of the Crosse for wicked Sinners, that thou wash mee from all my sinnes and iniquities, and that thou despise not thy Seruant, which humbly praieth, and calleth vpon thee by this holy Name Iesus.

This Name Iesus is a sweet Name; yea, it is sweeter then any Nectar & Ambrosia. This Name of Iesus bringeth life and saluation: for what is Iesus but a Sauiour?

Therfore ô good Iesus, which of thy goodnesse hast created me, and by thy precious bloud hast re-

redeemed mee; ſuffer not my Soule to be ouercome with the multitude of ſinnes and offences.

O good IESVS, let not mine iniquities condemne my Soule, which thou haſt made of thine infinite goodneſſe: acknowledge in me (ô good Ieſu) that which is thine, and take from me all my ſinfull and filthy enormities.

O good Ieſu, haue mercy vpon mee ſo long as I am in this world, leaſt at that terrible day of Iudgement I be damned

ned with the wicked and reprobate.

O good Ieſus, if according to thy Iuſtice, I (being a peruerſe ſinner) deſerue to be condemned by reaſon of my grieuous ſinnes and offences, I humbly appeale from thy ſeuere Iuſtice, to thy mercy and compaſſion, truſting altogether (ô my Lord Ieſus) that thou wilt be gracious vnto mee, and wilt haue mercy on my ſoule, as a louing and pittifull Father. What profit will be to thee (O good IESVS) in my fleſh, if my

my Soule descend into hell? for it is certaine that in hell none shall confesse the holy Name of Iesus.

O moit merciful Iesus haue mercy on vs, ô most sweet Iesus, deliuer vs from all our tribulations, and aduersities; ô excellent Iesus be good vnto vs miserable sinners; ô most holy IESVS, grant that our soules may enioy the fellowship of the Elect in thy heauenly habitation. Strengthen mee ô most louing Iesus, with the sauing health of all that trust in thee. O Iesu the Son of the most holy Virgin

Virgin *Mary*, giue vnto vs thy Mercy, Grace, Wisedome, Charitie, Chastitie, Humilitie, and Patience in all our aduersities, that wee may alwayes praise and glorifie thee, our Lord IESVS, which liuest and raignest God world without end. *Amen.*

A ſhort Prayer for Morning.

I Thanke thee, moſt merciſull Father, my maker and preſeruer, that thou haſt ſo louingly vouchſafed to tender my ſafetie this night paſt, giuing me ſweet ſleepe, to the refreſhment of my ſoule and weake body. So (of thy goodneſſe) vouchſafe to extend thy louing fauour towards me this day, that thereby I may be both ſafely preſerued from all kinde of euill, and imploy my ſelfe diligently vnto the execution of my vocation, to thy glory, and to the reliefe of me & mine, through Ieſus Chriſt, *Amen.*

Another

A short Prayer for Euening.

O Almightie Lord God, I thanke thee, that this day past, thou hast of thy mercy vouchsafed vnto me thy poore creature, not onely protection against all dangers and euils, but also all things necessarie. I humbly beseech thee, of that same thy mercy, and for thy Son Iesus Christ his sake, to extend the like protection and fauor toward me this night, that I may enioy at thine hands safe and quiet rest, to the comfort and refreshment both of my body and soule, for Iesus Christs sake. *Amen.*

FINIS.